

WEBVTT

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Everybody and welcome to today's webinar eating for high energy. My name is Ellen. Martina, and if I have not met you yet in this forum.

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Hello, I am an integrative health coach, and I really love working with people to help you figure out how you can upgrade your food and your lifestyle choices. So that you can not only have the energy and vitality that you want to live your best life.

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Now, to have the energy to do all the things that we want to, and need to do right now, but also to reduce our risk for disease in the long term. And the things we'll be talking about today really will help us out on both of those fronts.

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Of course, we'll be focused a little more on the short term today than we normally are. But all the things that.

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We're going to talk about our good for our health and wellbeing and in the short term as well as in the long term. So.

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When we think about why.

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We want to take actions to be healthier. I welcome you to think about what your health goals are and why is it important to you to take action every day to.

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Make decisions that support a healthy lifestyle. So today we're focused on having more energy naturally and I'll talk about what that means here in a minute.

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But I want to start with the end in mind.

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What are your goals in terms of your health and wellbeing if you feel comfortable sharing that please feel free to put that in the chat box and just for a reminder for those of you that are live we do keep the chat box and the participant list close just to protect everyone's privacy

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so anything you send in the chat box I'll be the only 1 who sees it.

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So, we all want to be healthy, right? Sounds like a good a good idea. But when you think about what, specifically are you trying to accomplish and why.

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I think it helps make those decisions that we have to make throughout the day, and those trade offs that we have to make throughout the day a lot easier. And we can make choices that are in line with the health goals that we're trying to achieve.

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So there was an article several years ago. Dr Mark Hyman rode.

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And it was called the energy, uh, solving the energy crisis, right? And he wasn't talking about cars he was talking about people, right our energy crisis and it was really simple.

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The article said there's only 2 steps step number 1 was take out the bad stuff and step number. 2 was adding the good stuff.

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Now, I'm a big believer of making this as easy as possible. So I like to flip those steps around.

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And talk about adding in the good stuff, and when we do that, and you start to see that, you have more energy and you feel better and you're sleeping better and you're moving easier. Then it makes it a lot easier.

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And maybe you have already let go of the bad stuff, and we'll talk about things on both sides of that equation. But we're going to start with a good stuff. Because, like I said, I think it's easier to add in things and to give you a list of things that aren't supportive.

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So,

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when you look at this list,

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whether we're talking about eating well,

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moving our bodies more,

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getting a good night's sleep doing things that mitigate the impact of stress,

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00:03:12.115 --> 00:03:26.544

making sure that we are staying up on our doctor's visits and aware of our numbers or cholesterol or getting our healthy weight range setup so we can make sure that we're aiming toward that.

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All of those are things on the plus side of the column. Those are all the good things.

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The good stuff that Dr Hyman was talking about and having the energy and vitality that we want to live our best life now really requires us paying attention to that good stuff and adding as much of it as possible into our

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days.

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And that doesn't mean, we have to do everything on this list, but I would encourage you to take a look at this list. And as we go through the discussion today, we're going to be spending most of our time talking about the food piece of the equation.

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Today, but if any of these other areas resonate with you as a way to move you in the direction of achieving your health goals.

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I really welcome you to pick 1 action step 1 thing that you can do differently. 1 decision that you can make every day over and over again that will help.

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Had in the good stuff, and it can, like I said, it can really come from any category. Um, and it can be any stuff that makes sense to you. So, let's start with the premise.

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That food is fuel.

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You've probably heard the phrase you are, what you eat. Right? But what I like to think about is what can we do with what we eat.

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Right so ocean Robins has a a thing. He, he has a little twist on this thing and he said what you eat becomes, you.

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Right all of the food that we take in over the course of the day, the week of the month, the years.

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Becomes building blocks or not, depending on what we're picking, but has the opportunity to become building blocks.

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To make new cells to make strong bones to make hormones enzymes.

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Antibodies T cells B, cells and all those important immune system cells, right?

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And our body is constantly renewing and regenerating itself. Our body is constantly using nutrients to, for example, create energy. Right?

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We have these mitochondria in every 1 of our selves, these little energy factories, but the factories need raw materials in order to.

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Produce energy, so we'll talk about the quality of our food as we go through here and I'm going to give you some really specific examples of foods that can be helpful.

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And can actually improve our energy levels naturally, but I want to talk a little bit about.

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What happens when we're eating a lot of processed food? Fast food junk food.

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So, and and if I could kind of.

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Have this curve go out, you know, into the future?

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In further more hours, right we're only showing about 3 hours here. But what happens is when we eat some refined and process bread or we grab the coffee and the donut in the morning that sugar and caffeine gets us up that side of the rollercoaster.

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But then it wears off pretty quickly.

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And then we're feeling, well, how am I going to get through the next meeting? I need to go grab a candy bar from the stash right? Everybody knows which, which of your coworkers has the stash of candy in their drawer right?

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And then you go back up the rollercoaster and then you come back down the roller coaster and you can play that game all day. I don't recommend it. I really don't recommend it. It doesn't feel good.

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It doesn't allow our body to work the way that it's supposed to, and we're not giving our body raw materials that it can use to function over a period of time.

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We're just artificially raising our energy levels and then they fall and then we get in the cycle where we're doing it throughout the day.

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So, ideally, what we would do is take this curve and flatten it out.

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So, instead of being on a roller coaster would be more on, like, a train ride.

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Right no big ups and downs just a nice steady.

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Fuel right. Nice, steady fuel throughout the day. Nice steady energy throughout the day. So this is really.

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What we're aiming for right? It's to flatten this curve.

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So that we can get the benefit of.

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Having balanced blood, sugar levels and balanced energy levels.

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Right. We don't want our blood sugar spiking and our insolent spiking and doing that multiple times a day.

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That's not healthy that sets us up to increase our risk for obesity and diabetes and heart disease and.

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Other things down the road like alzheimer's right? So if we can flatten the curve.

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If we can eat mostly real whole nutrient, dense food.

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The foods that are pretty much 1 ingredient right? The fruits, the vegetables not seeds beans, lentils, animal protein. If you eat it.

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Hey, 2, 4, Tampa.

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For other protein sources along with the beans and the lentils so.

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The 1 ingredient foods that don't have cartoon characters on them that don't have marketing claims on the front of the package. Most of them vast majority of them don't even have commercials or any advertising at all. Right. They're just real food. And when we do that.

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We naturally have more energy because those little mitochondria in ourselves got what they needed in order to create energy and give it back to us.

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Right. So we put the good stuff in and then our body can make that energy and give it back to us when we are not on that roller coaster ride when we have a steady stream of energy throughout the day.

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We're going to be able to sleep better at night and guess what when we sleep better at night, we wake up and and it makes it a whole lot easier to make good food choices. The next day. We're not reaching for the sugar and caffeine. 1st thing. Because we're feeling pretty good. Right? We got a good night's sleep. We're feeling pretty good.

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Our body has the nutrients that it needs to function, and we make ourselves an omelet or maybe we baked up some muffin tin for Tata for the week or maybe we prepared some overnight oats and we grab our breakfast and we go.

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Right. So we can make better choices. We feel better.

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Things hurt less, we have less joint pain. We can literally and figuratively carry our weight.

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We don't have digestive issues unless of course, you're eating a food that disagrees with you or that you have some sensitivity or allergy too. Obviously we want to avoid those, but when we're putting in real whole food, our digestive system can work better.

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Particularly, we'll talk a little bit about fiber as we go through today, but fiber actually helps things move through our digestive tract.

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So, if you have a medical condition that is being treated by the doctor, a digestive condition, obviously work with your doctor, and make sure that your diet is supportive of your condition.

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But for most of us adding fiber.

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And adding water, so that the fiber can do its job.

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Can really make our whole system work better.

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Could feed the good bacteria in our gut, which supports our immune system.

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Right. So we feel better. We're not out of work as much.

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We're not in work, feeling bad as much. Right? We're clear headed. We can focus and be creative and productive.

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And we can feel better, not just physically, but emotionally as well.

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Because again, building blocks, we think about, um, serotonin.

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Right. They feel good chemical. It's hard to make serotonin and enough of it if we don't have the raw materials that our body needs.

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To make it, so.

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Let me know if there's some benefit of healthy eating, uh, fueling our body in a way that we can have that steady energy.

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That makes it seem worth it to you to either continue what you're doing if you're doing a, a really good job on eating mostly real health food or start to make some changes.

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Great, and we'll talk about how we can do that and kind of how we can fit it in. But let me know if there's 1 particular reason.

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That makes sense to you to spend a little.

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Uh, effort, maybe planning or or prepping some meals or some snacks that are going to be supportive and give your body the energy and and the, the building blocks that it needs to make energy. The other thing I'll say here is.

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Anybody feeling stressed when you think about nutrients and the nutrients that we take in and we don't get nearly enough.

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And I'll tell you a little bit about that in a minute, but stress can deplete our body of nutrients.

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For example, vitamin C so our adrenal glands are really busy making cortisol and adrenaline and all those stress hormones. Right?

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Our adrenal's can burn through a lot of vitamin C.

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So, if you're stressed, maybe you weren't even getting what you needed, kind of the minimal amount. Certainly not the optimal amount beforehand and you throw a stressful situation or stressful couple of years.

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Around it, and now you're really depleted in something like vitamin C. so we'll talk about some good sources for vitamin C here in a minute. So.

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How can we do this? Right? How can we feed our body as well? And do it in a way that gives us.

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What we need to function right to have energy and vitality.

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Throughout the day, we don't hit that wall at 3 in the afternoon and think I just can't go on or maybe your morning. Maybe you're not a morning person right?

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So, you get to the the 9 o'clock staff meeting and you think I'm never going to make it through this meeting without, you know, another cup of coffee or whatever it is.

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So think about the time of day, when you might have that low in your energy, that may give you some hints about which of these tips or strategies or foods you might want to incorporate and we're going to talk about what to eat.

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We're also going to talk about when we.



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Because that makes the big difference in keeping our energy levels in our blood sugar or stable.

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Also, obviously, if you're being treated for diabetes type 1, the autoimmune disease, or type 2, the lifestyle disease.

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Very important to talk to your doctor and work with them on the correct timing, uh, for your meals as well.

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But we want to break the fast doesn't have to be the minute you wake up everybody's different. Everybody's schedules are different, but we do want to eat something in the morning.

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It doesn't have to be a big meal, but our bodies have been fasting for 10 hours. 12 hours, depending on how, when you stopped eating the night before. So we have to give our body some of the good stuff.

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So that we can get on that train ride. Otherwise we risk falling off to the bottom of the roller coaster. And then having to pick ourselves up really quickly. So that number 1, number 2 here kind of go hand in hand.

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And what I was talking about with timing is.

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We don't want to go too long between meals so we end up in that valley of energy again right? The no energy Valley so to speak, but we don't want to be eating constantly.

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Right. We don't want to be grazing all day. We do want to give our digestive system a break. We want to give our body break.

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Cause the, the process of digestion actually takes a lot of energy to make that happen. So we have to give our digestive system a break.

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So, it can move everything through clean everything out and then it's ready for the next meal or snack whenever that is.

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Everybody's different, I say, think about 3 to 4 hours.

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Is usually somewhere in there as the sweet spot for most people.

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So, if you have lunch at noon, and, you know, you're not having dinner till 7 o'clock at night.

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Most of us are are going to have a problem with that and that's where at 3 o'clock we feel that energy dip and we go to the vending machine and grab or our coworker's drawer and grab a candy bar. Right?

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00:15:09.778 --> 00:15:15.239

When we used to be able to just walk into people's offices, remember that so.

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00:15:15.683 --> 00:15:29.124

That's where we have to think about timing we don't want to be eating too frequently. We don't want to be eating too far apart. What's the right timing for you? So, that you can stay on that train ride and not be on a roller coaster. The other thing that helps with that.

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When I talk about real whole nutrient, dense food is, including food with fiber fiber is so important. For the reasons.

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I mentioned earlier keeping us regular feeding that good bacteria and our gut, particularly prebiotic fibers that we get from things like leaks and Jerusalem and all kinds of foods like that.

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But it also gives us more fuel that helps us to not only feel full, but not spike, our blood sugar and spike our insulin to match. Right?

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So, we have some fiber things break down a little more slowly.

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So, we don't get those big sugar spikes in insulin spikes. So that's really important piece of fiber when we're talking about the impact on our energy levels. So we'll talk about what that looks like. But we can only find fiber implant foods.

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Animal foods don't have fiber.

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Right so we're looking at beans, lentils, nuts, seeds, fruits, vegetables, the whole grains. So oats Amaranth, brown rice.

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That's where you're finding your fiber so we'll talk about how to include some of those and then when it comes to fats,

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particularly the anti inflammatory omega 3 fats,

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these are the ones that are really important for our brain functioning right?

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Our body needs fat to help quell inflammation to help us feel satisfied. So we don't over eat.

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Right. And it's really easy to overeat the junk food calories. It's a ton of calories. It's really not very much nutrition, but as you start to shift that and eat food, that's much more nutrient dense but doesn't necessarily have more calories.

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Then it's much easier to feel satisfied, stop eating and what you've eaten can actually feed nourish your body.

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Right so the quality of facts, the source of the facts are really important.

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So refined and processed fats, like, hydrogenated oils that we find in processed foods not super helpful. Good for the shelf life of the of the food product. Not necessarily good for our shelf life.

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If you catch my draft, so things like fish.

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The fatty fishes have good omega 3 fats things like walnuts things. Like my favorite sources that I use every day enhance feed.

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They have something called alpha antibiotic acid that our bodies can convert to omega 3 fats.

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Not perfectly, but they're all anti inflammatory, which is really, really good and then we want to start to shift the balance away from the highly processed fats that we find in the highly processed food.

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The refined oils, right? We don't want to use a lot of those. So, if you do want to use some oil for salad dressing, or for cooking or baking for baking, I love coconut oil.

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For cooking, I love avocado oil, because it has a very high smoke point. You can just use a little bit of that for roasting vegetables, or you can use water or broad vegetable broth or chicken broth. If you're salting vegetables, you don't even have to use oil.

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Um, but avocado really good source of fat, and you can use that on a sandwich in lieu of maybe mayonnaise or something like that. So it makes it nice. And creamy, you can use a whole Cato and smooth these to make them nice. And creamy.

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So the source and the quality of the fat matter, if we want to get the benefit.

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Water really important, uh, buddy for fiber so, as we incorporate more fruits and vegetables and whole grains into our diet.

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And beans and lentils and all that good stuff. Um, we want to increase our water intake. Not only will it displace other beverages that are putting us, you know, setting us up for that roller coaster ride, but it's going to help the fiber, do its job, right?

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So, uh, that's that's really important to make sure that we're incorporating, um, more water. It also helps to quell cravings and also helps when you're feeling a little sluggish go, fill up your water bottle.

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And give it a good chunk right? Drink most of the water in your water bottle and I, I think you'll feel it pretty quickly.

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You'll feel yourself start to perk up a little bit. So you might be able to quell what you thought was the food craving just was drinking some water and you may be able to, uh, improve your energy levels as well. Um, so.

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What I'm talking about displacing other beverages, the caffeine can definitely set us up for that roller coaster. Whether it's, um, has sugar or not, because that's just kind of 1 of those those, the bad stuff right?

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Because it puts us on that fake kind of energy up and down and alcohol.

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It might seem like it's relaxing but it can actually interfere with our ability to get a good night's sleep, particularly deep sleep and REM sleep and then we wake up, feeling unrelated.

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Um, as far as alcohol goes, the American Heart Association recommends no more than 1 drink per day for women. No. More than 2 for men and no, you

can't save them up and drink them all on Saturday night. Not the way our bodies work.

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So making sure that we're limiting caffeine and alcohol, because they're not.

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Helping the energy equation, right? If we're trying to solve the energy equation, there's certainly not helping. And then if we think about.

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Nutrients, so this is the thing I wanted to share with you, the Centers for Disease control. Does this have this ongoing study?

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And I think it's called the behavioral surveillance study, and they release some data in January of this year, kind of blew my mind. What they found was.

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Less than 10% of us are getting enough fruits and vegetables. Well, let me take that back.

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Less than 10% of us are getting enough vegetables about 12% of us are getting enough fruit.

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And enough is the USDA guidelines, so I think it's like 22 and a half cups of fruit, and maybe 33 and a half cups of vegetables something like that every single day.

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90% of us, 90% of us are not getting enough fruits and vegetables, so but we're eating stuff, right?

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00:21:34.558 --> 00:21:40.949

We're eating stuff, reading lots of calories but what are we eating? If we're not eating fruits and vegetables.

162

00:21:40.949 --> 00:21:49.679

And what are we missing if we're not eating fruits and vegetables and whole grains? Because we're eating a lot of the processed, refined and enriched grains.

163

00:21:49.679 --> 00:21:55.919

The refined and enriched grains it's another 1 of those things. Like it sounds great. Right? It sounds very fancy.

164

00:21:55.919 --> 00:22:06.058

Who wouldn't want to be refined and enriched, but when it comes to grains, it means they're stripping all of the most of the nutrients and all the fiber and they're leaving you with the starch.

165

00:22:06.058 --> 00:22:13.318

Right and the starch burns really quickly so you'll go up 1 side of the roller coaster and come down the other side pretty quickly.

166

00:22:13.318 --> 00:22:22.019

Right. So the refined and process grains are find in enrich grades in the highly processed foods. The crackers, the cookies, the cakes the.

167

00:22:22.344 --> 00:22:35.273

Cereal, you know, all that stuff is not helpful when it comes to the energy equation. When we start to include more real whole food, we start to include those nutrients that our bodies need to function.

168

00:22:35.273 --> 00:22:42.804

So, iron, for example, helps us to produce hemoglobin. And why is that important? Hemoglobin helps carry oxygen to ourselves.

169

00:22:43.463 --> 00:22:52.433

It's hard to feel awake and alert and productive and creative if we can't get oxygen to our brain right? Or all over our body but especially to our brain.

170

00:22:52.794 --> 00:22:59.663

So when we think about magnesium and the B, vitamins, the whole suite of B, vitamins we need in order to make energy.

171

00:22:59.939 --> 00:23:05.219

So, those mitochondria in ourselves need those be vitamins in order to make energy.

172

00:23:05.219 --> 00:23:13.318

We get those vitamins from those whole grains other places too. There are vegetables and fruits that have B vitamins, but.

173

00:23:13.318 --> 00:23:19.439

When people, and I don't know if we have anybody on the line. Let me know people who are avoiding carbohydrates.

174

00:23:19.439 --> 00:23:24.298

Well, carbohydrates for the most part are your fruits and vegetables.

175

00:23:24.298 --> 00:23:29.459

If you look at the USDA guidance, half your plate, fruits and vegetables, those are carbohydrates.

176

00:23:29.459 --> 00:23:34.499

Right the other half of the plate is split between cleanly and protein and whole grains.

177

00:23:34.499 --> 00:23:44.459

And according to the USDA, we should, most of our grains should be whole grains. The brown rise the Amaranth, the keen, right? All of that good stuff.

178

00:23:44.459 --> 00:23:50.729

So, that's where we're getting a lot of those vitamins that help us create energy.

179

00:23:50.729 --> 00:24:01.199

So don't be afraid of the carbohydrates don't be afraid of the whole grains. So what should we eat if we want to be able to boost our energy levels? Naturally.

180

00:24:01.199 --> 00:24:11.969

Anything on this list, and this is not an exhaustive list. These are just some examples. So, strawberries, for example, really good source of vitamin C and potassium.

181

00:24:11.969 --> 00:24:20.759

Potassium is an electrolyte that helps our nerve our nervous system talk to ourselves. It's part of the communication pathways.

182

00:24:20.759 --> 00:24:28.588

So, we need potassium if we can't communicate within our body, we're not going to feel very energetic or productive for that matter.

183

00:24:28.588 --> 00:24:32.009

Bell peppers aren't amazing source of vitamin C.

184

00:24:32.009 --> 00:24:38.098

Typically, we think about, you know, oranges and great fruits and lemons, Bell, peppers and fruits.

185

00:24:38.098 --> 00:24:46.618

Amazing sources of vitamin C. so if you're feeling under a little bit of stress, grabbing some bell peppers with some hummus.

186

00:24:46.618 --> 00:24:55.078

Really good way to replenish. Some of that vitamins. See, get some good protein and fat and fiber and carbohydrates all in a nice little snack.

187

00:24:55.078 --> 00:25:02.368

So, it's 1 of my favorite, my favorite snacks is, um, Thomas, for that reason, cause you can grab your cucumbers your salary.

188

00:25:02.368 --> 00:25:09.749

Your peppers and you have your carrots and really get a ton of nutrition.

189

00:25:09.749 --> 00:25:20.788

In a little snack, right? Maybe you're having snack in the morning. Maybe you're having your snack in the afternoon. Maybe you're doing it at both times. It really depends on again. What schedule works best for you and your body.

190

00:25:20.788 --> 00:25:33.088

Um, to have the avocados on here. Yeah. So the avocados are good fat and fiber. We can add them to sell it. We can put them on sandwiches. We can put them on some of these. We can make chocolate pudding with avocados.

191

00:25:33.324 --> 00:25:46.913

Don't knock until you try it. I thought it was weird too, but now my husband will actually asked me to make it if we have a couple of avocados that are nice and soft and we don't think we're going to get to eat them all in the next 24 hours. They'll think, can you make that avocado putting sure.

192

00:25:48.118 --> 00:25:52.618

Anything I can put chocolate in and I'm willing to try and I tried it and it's really good.

193

00:25:53.304 --> 00:26:05.064

We think about foods that look like the part of the body that they're good for. Right. It's like walnuts have that really good fat. They're really good brain food, right? They kind of look like little brains. If you look at them.

194

00:26:05.513 --> 00:26:09.894

Um, we've got figs that have potassium and fiber and protein, even.

195

00:26:10.138 --> 00:26:22.798

Their fruits and vegetables that have protein, right? It's not just animal protein and by incorporating some plant based protein, like the beans and the lentils and that's the seeds and tofu. If you eat it.

196

00:26:22.798 --> 00:26:30.118

We can do a couple of things we can help bring our budget down a little bit, because we're not spending so much on the.

197

00:26:30.118 --> 00:26:37.499

Animal protein, and we can add those the whole suite of nutrients that come with it along with the fiber.

198

00:26:37.499 --> 00:26:43.048

There's a really great recipe on 100 days of real food dot com on the website.

199

00:26:43.048 --> 00:26:55.104

And it's called, um, I think it's called slow cooker, green, salsa chicken, but if you, if you, if you look up green salsa chicken, uh, on 100 days of real food, it calls for a can of pinto beans.

200

00:26:55.104 --> 00:27:07.433

I usually do 2 if you want to save even more money by Dr, pinto beans, dry Pinto, beans and then just cook them yourself. You can soak them overnight and then put them put them in a pot on the stove. You don't need any fancy equipment.

201

00:27:07.433 --> 00:27:13.223



If you have fancy equipment, like a slow cooker or pressure cooker, it's even easier and faster.

202

00:27:13.223 --> 00:27:23.003

Certainly faster with the pressure cooker, but incorporating those things that give your body these nutrients that it needs to function.

203

00:27:23.939 --> 00:27:38.844

Um, dark chocolate is on this list, because, as I said, I'll add it wherever I can, um, rock, a cow powder in my snooty. I'll put a couple of dark chocolate chips in my trailmix. Not in the summertime from out and about.

204

00:27:38.844 --> 00:27:42.294

It will definitely get melted in the car, but the rest of the year, I can do that.

205

00:27:42.388 --> 00:27:47.999

Chocolate also has something called Theo, which is a stimulant.

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00:27:47.999 --> 00:27:59.308

So some people are a little sensitive to that and can't eat chocolate close to bedtime but if you're not, you know, you can have a little piece of chocolate after dinner.

207

00:27:59.874 --> 00:28:07.074

Bananas I love bananas are an amazing source of so many vitamins vitamin C, vitamin B6. They also have potassium.

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00:28:07.074 --> 00:28:16.403

Um, they have some protein that have some magnesium so they're really great snack with a little on and butter, sunflower seeds better.

209

00:28:17.128 --> 00:28:31.253

Um, today, actually, I did this between calls I sliced up at banana, almost like a banana split. I put some of my coconut yogurt on there and I had some granola that I had made. Um, you don't have to make things from scratch.

210

00:28:31.253 --> 00:28:37.673

You can buy things may just read the ingredient list and make sure it's as clean as possible. Meaning it has mostly.

211

00:28:38.009 --> 00:28:44.818

Real food that it's made of, and not things you can't pronounce and preservatives and artificial flavors and junk like that.

212

00:28:44.818 --> 00:28:59.818

And I had the banana, the yogurt and the granola, which was a really perfect snack for me today, between calls, that kind of kept kept my energy levels. Uh, even so don't ever waste bananas. If you have bananas on your counter and they're starting to get speckled.

213

00:28:59.818 --> 00:29:08.999

They're very sweet when they start to get scaffold, which is good, but open them up and slice them put them on a sheet pan on a piece of parchment in your freezer.

214

00:29:08.999 --> 00:29:10.644

And then if you're like me,

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00:29:10.644 --> 00:29:12.983

when you remember a couple days later that they're there,

216

00:29:13.253 --> 00:29:17.094

go ahead and wrap it up and put it in a silicone bag or zip top bag,

217

00:29:17.124 --> 00:29:18.114

whatever you use,

218

00:29:18.354 --> 00:29:18.713

um,

219

00:29:18.743 --> 00:29:23.544

or whatever container you want to use and keep them in the freezer you

can put them in your oatmeal,

220

00:29:23.544 --> 00:29:24.953

you can put them in your smooth these.

221

00:29:25.884 --> 00:29:26.723

You can.

222

00:29:27.179 --> 00:29:35.429

Do all kinds of stuff with them you can even bake with them if you wanted to. So that's a good way. You can make ice cream in the summertime just by blending up the frozen banana.

223

00:29:35.429 --> 00:29:49.973

And then, um, my daughter usually does like a smores ice cream she'll throw in a gram cracker and some chocolate chips, and kind of calls it smores ice cream. So there's that watermelon tomatoes they have, uh, like a pain, which is great.

224

00:29:50.003 --> 00:30:02.693

That's what gives it that reddish pinkish color. It's a great antioxidant and it can be really hydrating. So, again, in the summertime, when watermelon's in season, I love to blend some watermelon with some lime and mint.

225

00:30:03.114 --> 00:30:07.433

And that gives me a really refreshing drink.

226

00:30:07.679 --> 00:30:17.159

So, if you don't want to just drink water all the time, you can do that. I like to make tea. Also. I'll do, um, decaffeinated tea actually made some yesterday.

227

00:30:17.159 --> 00:30:24.568

And had some, just before this call so when it was warm, I started in some honey and then I put it in the fridge and then I can.

228

00:30:24.568 --> 00:30:37.229

Drink it, so I have something other than just water to drink. So I've given you some ideas for how to put some of these things together. Um, and veggies. I told you, it was 1 of my favorite, go to snacks, but I also like.

229

00:30:38.034 --> 00:30:52.733

Popcorn with coconut oil and the sea salt that is another nice whole grain snack and then the sea salt has those trace minerals that our body needs and the coconut oil gives you a little bit of that. Good fat there.

230

00:30:52.979 --> 00:31:04.709

Um, and it doesn't make the popcorn soggy so I like that for too. And you can see some other combinations here. You don't have to change everything about the way you eat. As a matter of fact, I recommend that.

231

00:31:04.709 --> 00:31:10.318

You don't pick 1 thing either breakfast, lunch, dinner or snack.

232

00:31:10.318 --> 00:31:16.409

And come up with a couple of options, you can use these or choose your own adventure.

233

00:31:16.409 --> 00:31:21.148

But come up with a couple of options and just rotate through those.

234

00:31:21.148 --> 00:31:34.499

For a week or 2 however long, it takes you to be comfortable. Like that's working. It feels good. You have enough energy to get from breakfast to lunch, or from lunch to dinner, or whatever it is. Um, with that snack in there. So.

235

00:31:34.499 --> 00:31:41.729

Do that and then take on the next meal? Right? I think snack is the easiest place to start. Cause it doesn't.

236

00:31:41.753 --> 00:31:45.114

Change anything really about how you go about your day,

237

00:31:45.114 --> 00:31:47.993

you can put together some bags of trailmix on the weekend,

238

00:31:47.993 --> 00:31:56.844

or on your days off you can cut up some vegetables for salad at night and then just cut up cut up the rest of the bunch of salary put it in water in a mason jar.

239

00:31:56.844 --> 00:32:01.794

You can do the same thing with the carrots. I did this the other night and I had, uh, red pepper.

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00:32:02.038 --> 00:32:05.159

And it was funny. My husband took a piece of the red pepper off.

241

00:32:05.159 --> 00:32:19.763

And ate it for snack with some hummus and then he put the red pepper back in the fridge and I thought, oh, so the next day, when I saw it there, that's when I found out what he had, you know, he had left it there like Nope, I cut the whole thing up.

242

00:32:19.794 --> 00:32:32.423

We used a little bit more for something else we were doing and then I had some leftover. I stuck it in the mason jar. So now it's there, right? In front of our face, as we open the fridge, we're more likely to grab that cause it's cut it's done. It's ready to go. So.

243

00:32:32.729 --> 00:32:42.449

A little bit of prep work, but I think it's a great place to add nutrition in and really feed and nourish our body. So, let me know if any of these.

244

00:32:42.449 --> 00:32:55.169

Look like, excuse me, like an area that would make sense for you that you might want to try or start with and you can keep it simple. You can cook from scratch if you want to you can.

245

00:32:55.169 --> 00:33:01.499

Get ready made food like, if your budget and access allows, you can buy the rotisserie chicken already cooked.

246

00:33:01.499 --> 00:33:05.068

Hey, it's less expensive to buy a whole chicken and cook it. Yourself.

247

00:33:05.068 --> 00:33:10.199

Then you have some leftovers during the week, you can put some chicken on a salad. You can make some chicken salad and make.

248

00:33:10.199 --> 00:33:17.189

Some sandwiches with avocado out of it. Um, the other thing I think everybody should have in their pantry. I'm not sure if I put it on here.

249

00:33:17.189 --> 00:33:21.388

Did I add it to any of these meals chickpeas?

250

00:33:22.044 --> 00:33:27.203

Chickpeas are the most amazing food. They have a ton of nutrition, right?

251

00:33:27.203 --> 00:33:37.104

They've got all the vitamins and minerals and fiber, you know, all the good stuff, but you can roast them and make them really crispy and make them a nice saltier spicy or sweet.

252

00:33:37.104 --> 00:33:47.334

You can even do like, cinnamon if you want to, but you can make them a nice snack you can put them on top of salad either roasted or just right out of the can or cooked.

253

00:33:47.334 --> 00:33:58.433

If you cook your own, you can turn them into a flat bread, or make like a replacement for Tata. If you don't eat eggs, you can use chickpea flower.

254

00:33:58.679 --> 00:34:10.463

And make a almost like a photographer out of it. It's really, really good. And you can put whatever vegetables you have left over in there you can cut some slices of it and save it for lunches or breakfast.

255

00:34:10.463 --> 00:34:18.923

However, you want to eat it and you can make dessert out of chickpeas.

You can make cookie dough bites or.

256

00:34:19.199 --> 00:34:23.668

Muffins so all kinds of stuff. So, chickpeas are very, very versatile.

257

00:34:23.668 --> 00:34:33.389

Um, and of course, Hamas did I say Hamas, you can make comments and tahini that you use in. Hamas has some really good nutrients really good bone, supportive nutrients.

258

00:34:33.389 --> 00:34:43.259

Uh, as well, so lots of things that we can make with all that good food that hopefully will soon be in a pantry fridge or freezer near, you.

259

00:34:43.259 --> 00:34:51.869

But again, don't try to change everything, just focus on 1 meal, get a couple of options, get those under your belt, get those working for you and then you can move on to the next 1.

260

00:34:51.869 --> 00:35:02.429

So wanted to talk a little bit about calories, drop me a message in the chat box. Let me know if you are a person that likes to count calories or that counts calories, whether you like it or not.

261

00:35:02.429 --> 00:35:11.003

Because I want to talk to that if you count calories and it doesn't add stress to your life to do it.

262

00:35:11.063 --> 00:35:17.753

In fact, it helps you make good food choices, because you're thinking about what you're going to write down and how many calories and all of that.

263

00:35:18.059 --> 00:35:24.059

Do it if it causes you stress and anxt don't do it.

264

00:35:24.059 --> 00:35:28.679

All you need to do is focus on the quality of the food that you're eating.

265

00:35:28.679 --> 00:35:36.329

The nutrient density, the good stuff, the stuff that's going to feed your body and give the mitochondria what it needs to function right?

266

00:35:36.329 --> 00:35:44.278

So, if you like to count calories, great, do it understand it's not an exact science, but if you don't want to count calories, that's fine, too.

267

00:35:44.278 --> 00:35:50.728

And there are equations out there, right? If you eat so many fewer calories, you can 250 calories.

268

00:35:50.728 --> 00:36:00.449

A day then you'll lose 1 pound every 2 weeks. If you can exercise the equivalent of burning off another 250 calories, you can lose a pound a week.

269

00:36:00.833 --> 00:36:12.923

You could also get lost in these equations. And what it doesn't take into account is that a calorie is not a calorie. I mean, it is in a, what's it called a bomb Cal perimeter or something?

270

00:36:12.923 --> 00:36:16.974

That's the machine they use to measure the calories.

271

00:36:17.639 --> 00:36:28.494

But it's not in our body. The same 100 calories of cookies is not the same as 100 calories of broccoli in terms of what our body can get out of it.

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00:36:28.494 --> 00:36:37.043

So, if we want our body to make energy for us and strong bones and hormones and enzymes and antibodies and all the other good stuff, but for today's purposes for energy, right?

273

00:36:38.369 --> 00:36:51.298

Then giving our body cookies and cookies and cookies is just going to put us on the roller coaster and give our body really? Not much of anything as a result. Right. We're just gonna crash and burn at some point.

274

00:36:51.298 --> 00:37:02.159

But if we get our body 100 calories, broccoli, well, that we can do something with, we've got vitamins and minerals and fiber and all kinds of stuff in there. So, there are equations.

275

00:37:02.159 --> 00:37:08.759

But when we translate that into the real world, you know, we have to think about how does that really work.

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00:37:08.759 --> 00:37:16.829

So, what else can we do? We're going to eat? Well, we're going to feed our body, the nutrients that we want to become us, right?

277

00:37:16.829 --> 00:37:20.579

But moving our bodies is really important as well.

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00:37:20.579 --> 00:37:25.228

So, if we're trying to get to and maintain a healthy weight, food is still the biggest piece of the equation.

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00:37:25.228 --> 00:37:30.838

Right and getting to an and maintaining healthy way, it actually will naturally give us more energy as well.

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00:37:30.838 --> 00:37:34.409

Right if we're carrying more weight than we should be.

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00:37:34.409 --> 00:37:44.458

Then that's going to make it harder for us to move to feel good. Right? We may have more joint pain. We may have a little more resistance.

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00:37:44.458 --> 00:37:49.768

When we want to exercise, so if we're talking about getting to and maintaining a healthy weight.

283

00:37:49.768 --> 00:37:52.829

Food is still the biggest piece of the equation.

284

00:37:52.829 --> 00:37:56.278

Exercise is definitely also a piece of the equation.

285

00:37:56.278 --> 00:38:02.128

The bigger role that exercise plays in, in terms of our physical body is our body composition.

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00:38:02.128 --> 00:38:08.338

So, exercise can help us to build muscle and lose some of the fat.

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00:38:08.338 --> 00:38:20.159

And that's where this all kind of starts to come together right? Because our bodies also work more efficiently when we have more lean muscle and less fat, you can have your body composition checked.

288

00:38:20.244 --> 00:38:28.945

At a gym, or at your doctor's office, and kind of see where you are. And again, if that will be helpful for you, if that would be motivating for you give you that baseline number.

289

00:38:29.034 --> 00:38:38.275

Maybe go away and and take care of your body for a little while, come back a few weeks or a couple months later and re, check your body composition and see if you've been able to shift it. Great.

290

00:38:38.335 --> 00:38:49.465

If it's not going to help, you don't do it, but I'm just mentioning it because that's an important piece of what exercise does for us for our physical body. Also when we talk about energy.

291

00:38:49.949 --> 00:38:57.090

When we move our bodies, it moves the oxygen and nutrients all around our body. So it helps with circulation.

292

00:38:57.090 --> 00:39:06.989

Our heart's going to keep pumping our blood's going to flow, right? Whether we're laying down or we're running, or we're just sitting at our desk. Right? Our heart keeps pumping.

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00:39:06.989 --> 00:39:15.780

Thankfully, but in order to really get the oxygen and nutrients efficiently, and effectively around our body, we have to move.

294

00:39:15.780 --> 00:39:19.320

To support a lymphatic system, we have to move.

295

00:39:19.320 --> 00:39:25.619

So, are the static system has a couple of really important jobs. 1 of them is to move waste and toxins out of our body.

296

00:39:25.619 --> 00:39:29.579

But it doesn't have a pump, so it relies on us to move.

297

00:39:29.579 --> 00:39:35.070

In order to get that lymphatic fluid to flow and help us get rid of the waste in the junk.

298

00:39:35.485 --> 00:39:41.934

We don't get rid of the waste in the junk. We feel stagnant. Right? Our lymph is stagnant. Will be stagnant.

299

00:39:41.965 --> 00:39:53.724

So, moving can really help with circulation, not only of oxygen and nutrients, but with lymphatic fluid, which is not only clearing the waste, but it's also responsible for moving immune cells around our body.

300

00:39:54.030 --> 00:40:00.030

So, we kind of want that functioning. Well, right whether we're in the middle of a pandemic or not, we kind of want that.

301

00:40:00.030 --> 00:40:07.829

Functioning well, so our heart and our lungs will work better. Our lymphatic system will flow better. We will naturally have more energy.

302

00:40:07.829 --> 00:40:18.929

Bonus will build some bone density or maintain the bone density, depending on where in your in your chronological life years you are and build more strength.

303

00:40:18.929 --> 00:40:26.010

More muscle, bringing muscle and less fat, so think about ways and feel free to share in the chat box.

304



00:40:26.010 --> 00:40:29.340

Ways that you can add movement into your day because.

305

00:40:29.340 --> 00:40:32.940

Let's just assume you're getting a good night's sleep. Let's just assume.

306

00:40:32.940 --> 00:40:36.960

Everybody is getting their 8 hours asleep. We still have.

307

00:40:36.960 --> 00:40:41.309

16 waking hours in the day, let's say you go to the gym.

308

00:40:41.815 --> 00:40:56.155

Every day, go to the gym for an hour, 45 minutes an hour, or something like that you take a kick boxing class or yoga class great. Well, now we have 15 waking hours every single day. It's a lot of time to not be moving. So sleep.

309

00:40:56.155 --> 00:41:06.204

I cut some slack for because we don't want to be moving. Right? We need that sleep to restore and repair and do all the important things to wake up to have enough energy in the next day. Right?

310

00:41:07.110 --> 00:41:18.144

So, we need to sleep, but those 15 to 16 waking hours in a day, we've got to find ways to add more movement in and that will naturally again naturally give us more energy. Right? So we're going to stretch.

311

00:41:18.144 --> 00:41:30.985

You can put your hands clap your hands behind your back if you don't have any shoulder or risk injuries and pull your shoulder blades together. Really? Gently and that helps stretch out all of these muscles, cause normally we're kind of hunched forward all day.

312

00:41:30.985 --> 00:41:41.125

So that helps move them in the opposite direction you can have. I can't reach them right now. I have my stretchy bands here in my workspace. I have my hulahoo appear in my workspace. So.

313

00:41:41.340 --> 00:41:51.090

Find ways to move throughout the day maybe you just stand up and sit down. You can do that while we're, uh, on this phone call right now and do what you need to do to take care of yourself.

314

00:41:51.090 --> 00:41:58.440

You can walk the dog you can borrow a neighbor's dog you can walk with your neighbor and their dog, right? Take a dance break.

315

00:41:58.440 --> 00:42:01.530

Play basketball, whatever it is.

316

00:42:01.530 --> 00:42:07.260

Um, take a walking meeting whatever it is that allows you to add more movement into your day.

317  
00:42:08.034 --> 00:42:19.885  
And then anything you can do to mitigate the impact of stress, not only is stress stealing the vitamin C, or using up all the vitamins in our body. But it's, it's burning a lot of our energy. Right?

318  
00:42:19.914 --> 00:42:23.273  
So, anything we can do to take things down or not.

319  
00:42:23.519 --> 00:42:27.210  
Easiest thing to do take a slow deep breath. So.

320  
00:42:27.210 --> 00:42:33.480  
Let all the air out and take a slow deep breath in through your nose. Hold it for a 2nd or 2.

321  
00:42:34.800 --> 00:42:37.949  
And then breathe out, kind of like you're blowing through a straw.

322  
00:42:39.570 --> 00:42:42.780  
That helps you long gate that Excel.

323  
00:42:42.780 --> 00:42:49.019  
And go ahead and do it again. If you want to get fancy, you can do some square breathing. So picture of box.

324  
00:42:49.019 --> 00:42:52.949  
A square breed in to the count of 4 on 1 side.

325  
00:42:52.949 --> 00:42:59.219  
Hold it for the counter for across the top, breathe out for the count for.

326  
00:42:59.219 --> 00:43:04.380  
And then just keep breathing out as long as you can, as you wait for that last counter for.

327  
00:43:04.380 --> 00:43:09.300  
What I like about taking a slow to deep breath however, you want to do it.

328  
00:43:09.300 --> 00:43:14.460  
Is it shifts your focus from whatever we're stressing you out?

329  
00:43:14.460 --> 00:43:25.530  
To the breath, so you can collect yourself calm down, get your shoulders back down to where they belong. Right? Get your blood pressure and cortisol levels down.

330  
00:43:25.530 --> 00:43:32.070  
Recuperate it's hard to be energetic and productive and creative.

331  
00:43:32.070 --> 00:43:35.610  
And excited if you're stressed.

332

00:43:35.610 --> 00:43:40.530

Your body will always defer to the stress because it thinks that's protecting you.

333

00:43:40.530 --> 00:43:47.010

From some terrible danger, which may be nothing at all, which most of the time is nothing at all.

334

00:43:47.010 --> 00:43:58.139

Right. It's just the stuff we make up in our head, or the demands that are being put on us and the resources. We think we have to bring to bear and in that gap is where stress wise.

335

00:43:58.139 --> 00:44:07.920

So there are things we can do about that, right? Make sure we understand the deliverables. Make sure we're the right person to be delivering them. Make sure we're being efficient about our work.

336

00:44:07.920 --> 00:44:12.300

Have a clear workspace, so we can get our work done, but.

337

00:44:12.300 --> 00:44:23.969

Finding ways to mitigate the impact distress could be playing your guitar could be hitting golf balls can be taking a bath. Whatever it is. Just find something you like doing, or find people you like to hang out with.

338

00:44:23.969 --> 00:44:35.815

And even if it's virtually hang out with them, I got to have lunch with a friend on Monday. I haven't seen her in more than 2 years. And we found a nice healthy restaurant. Really? Amazing.

339

00:44:35.815 --> 00:44:46.885

Restaurant was so good with picnic tables outside and our weather has been very wonky here. It's been, you know, 20, 30 degrees, and then 70 degrees and kind of back and forth.

340

00:44:46.914 --> 00:45:00.085

But we ended up with a really nice afternoon, and we sat outside and fed ourselves a really nursing lunch, but also kind of nursed each other just kind of being together and reconnecting. And that can really energize you as well.

341

00:45:00.204 --> 00:45:01.945

Particularly for spending time with people.

342

00:45:02.369 --> 00:45:08.219

That lift you up, people that you like, being with getting outside during the day is amazing.

343

00:45:08.219 --> 00:45:14.460

Because we get that sunshine and our body, so not only does it help our body make that hormone that we call vitamin D.

344

00:45:14.460 --> 00:45:28.260

But it helped set that circadian rhythm. So we're naturally awake during the day and then naturally winding down at night to go to sleep. So, getting that daylight can be super powerful for that taking a break from the electronics.

345

00:45:28.260 --> 00:45:40.079

The light from those electronics, makes it really hard for our body to know that it's time to wind down and go to sleep. But it's also the content. If you're watching the news if you're watching a show that might be.

346

00:45:40.079 --> 00:45:42.295

Um, kind of hard to watch.

347

00:45:42.324 --> 00:45:57.144

My husband was just binge watching the last Kingdom, and it had a lot of fight scenes that I found really disturbing where I'm like, putting in my headphones and watch it listening to like, a funny podcast while he's watching the fight scenes cause I can't watch that before bed, right?

348

00:45:57.144 --> 00:45:59.155

So the content, the light.

349

00:45:59.250 --> 00:46:02.489

Can really be disturbing, even scrolling social media.

350

00:46:02.489 --> 00:46:13.320

Right. Can can distract us in a bad way when we're trying to wind down and go to sleep and clearing the clutter both physically. And emotionally as best we can.

351

00:46:13.320 --> 00:46:17.010

Makes it easier to to function in the space.

352

00:46:17.010 --> 00:46:26.880

Right. So if you walk into your workspace, or you walk into your kitchen or your bedroom or that 1 drawer that you try to open, that's just so full of stuff. You can't even open it.

353

00:46:26.880 --> 00:46:36.539

Right. It's frustrating. Maybe that's your project for this weekend. Just take that 1 drawer, take everything out of it clean the drawer and then only put in the things that belong there.

354

00:46:36.539 --> 00:46:50.485

I'm thinking things specifically about my kitchen door that has pens and pencils the scissors, the tape all that stuff but sometimes a lot of other stuff ends up in there but when I clean it out and it's organized, and it only has what I need in there.

355

00:46:50.485 --> 00:46:54.985

It makes me really happy. Every time I open that door. I just do like a little happy dance.

356

00:46:55.199 --> 00:47:01.110

So, things that we don't think about in our environment can actually SAP our energy.

357

00:47:01.110 --> 00:47:09.539

So pay attention to those things and we'll talk a little bit more about some things that can SAP our energy. Like our thoughts.

358

00:47:10.619 --> 00:47:15.719

Our thoughts are really powerful, and we can use our thoughts for good.

359

00:47:15.719 --> 00:47:23.550

Or we can let our thoughts kind of clutter up our, our head space. So if you catch yourself doing that.

360

00:47:23.550 --> 00:47:26.969

I would encourage you to flip the script.

361

00:47:26.969 --> 00:47:35.070

Say something kind say something nice say something positive and you will feel that energy in your body change.

362

00:47:35.070 --> 00:47:44.190

Because when you talk negatively, it just, it's very contracting to your whole body when you say down busy. I've got a lot to do this week, but I'll get through it.

363

00:47:44.190 --> 00:47:48.059

That'll be fun. Right? We're going to meet some new people. That'll be fine.

364

00:47:48.059 --> 00:47:54.750

Or I got a lot on my plate this week, but I know what's important. And what really needs to get done and what can wait until next week.

365

00:47:54.750 --> 00:48:02.250

That feels very different from if you're speaking to yourself, which I'm not even going to do it in a really negative way.

366

00:48:02.250 --> 00:48:05.309

So, the food is a big piece of the equation.

367

00:48:05.309 --> 00:48:15.360

Moving our bodies helps get the circulation going, but don't underestimate all those other tools that we have to help us to energize ourselves.

368

00:48:15.385 --> 00:48:23.755

Naturally right using food and water and our surroundings and the things that we like to do,

369

00:48:23.755 --> 00:48:38.724

and the people that we like to to be with and that's how we can really live our healthiest and happiest life now with the energy and vitality that we desire but also set us up to live our healthiest and happiest life

370

00:48:38.755 --> 00:48:39.985

into perpetuity right?

371

00:48:39.985 --> 00:48:48.083

And reduce our risk for disease in the long term. So, when I say, thank you so much for being with me today, um, I loved having this opportunity to chat with you.

372

00:48:48.114 --> 00:49:02.514

I will be back with you guys, I think, in a few weeks here, we'll chat again, but until then I hope everybody stays well and go eat some energizing food and take care of your body and your mind. And I'll talk to you soon.

373

00:49:02.820 --> 00:49:04.871

Thanks so much.